**Center Hours:** 

9:00-1:00 pm Monday-Friday

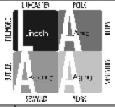
**CenterManager:** 

Pam Lander Ph: 441-7990

# Belmont ActivAge Center

1234 Judson LINCOLN, NE 68521

# **DECEMBER 2005**



1005 O Street Lincoln, NE 68508 Ph: 441-7158

DECEIVIBER 20			SWE 'DK		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Season's Greetings & Happy Holidays		Fa la	1 10:00 Coffee, Cards & Skip Bo 11:30 Bingo - Please Bring a Prize 12:00 Lunch: Chili	2 10:00 Coffee, Cards & Skip Bo 10:30 Holiday Movie (title to be announced) 12:15 Lunch: Chicken Cordon Bleu	
5 10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Salmon Filet	6 10:00 Coffee, Cards & Skip Bo 11:15 Information on Preparation for Winter Driving, Highway Hypnosis 11:30 Lunch: Ham Slice 12:15 To Senior Health Clinic at Downtown ActivAge Center	7 10:00 Coffee, Cards & Skip Bo 11:30 Chanukah Jumble 12:00 Lunch: Chicken Salad & Vegetable Soup	8 10:00 Coffee, Cards & Skip Bo 11:45 Lunch: Lasagna 12:15 December Birthday Party	9 10:00 Coffee, Cards & Skip Bo 11:30 Bingo - Please Bring a Prize 12:00 Lunch: Salisbury Steak	
12 10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Beef Sausage Gravy	13 10:00 Coffee, Cards & Skip Bo 11:45 Winter Holiday Dinner 12:30 Deck the Halls Holiday Trivia	14 10:00 Coffee, Cards & Skip Bo 11:30 Person, Place or Thing? Strength Training 12:15 Lunch: Cube Steak	15 10:00 Coffee, Cards & Skip Bo 11:30 Bingo - Please Bring a Prize 12:00 Lunch: Pork Tenderloin	16 10:00 Coffee, Cards & Skip Bo 10:30 Holiday Movie (title to be announced) 12:15 Lunch: Baked Fish	
				Happy Birthday Betsy Sifuentez!	

#### A Program of Lincoln Area Agency on Aging

## **DECEMBER 2005**

# Belmont ActivAge Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Smothered Pork Chop	20 10:00 Coffee, Cards & Skip Bo 11:30 Game Match 12:00 Lunch: Bratwurst	21 10:00 Coffee, Cards & Skip Bo 11:30 Muscle Building or Strength Training 12:00 Lunch: Salmon Croquette  Happy Birthday	22 10:00 Coffee, Cards & Skip Bo 10:30 Holiday Movie (title to be announced) 12:15 Lunch: Beef Stroganoff	23 10:00 Coffee, Cards & Skip Bo 11:30 Bingo - Please Bring a Prize 12:00 Lunch: BBQ Chicken
00	0.7	Josephine Henderson!		0.0
26 Center Closed	27 10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Oven Fried Chicken	28 10:00 Coffee, Cards & Skip Bo 11:30 Bulletin Board Trivia and Trivia Plus	10:00 Coffee, Cards & Skip Bo 11:30 Bingo- Please Bring a Prize 12:00 Lunch: Roast Beef with	30 10:00 Coffee, Cards & Skip Bo 11:30 Lunch: Lemon Pepper Chicken
Have a Happy Holiday!		12:00 Lunch: Meat Loaf	Gravy	12:00 Noon Year's Eve Party! Please Bring Treats and/or Snacks to Share!

### SENIORS FOUNDATION 25<sup>TH</sup> ANNIVERSARY RAFFLE

The Seniors Foundation raffle will be dedicating 100% of the proceeds to benefit the older adults in our community: funding for "Live & Learn" on 5CityTV, purchase of a van for transportation, and strength and conditioning equipment. Tickets are on sale NOW for just \$5 each.

Prize listing is available at <a href="www.seniorsfoundation.org">www.seniorsfoundation.org</a>. Drawing with be on December 16. Purchase your raffle ticket from a Seniors Foundation Board member or many Lincoln Area Agency on Aging staff members. Call 402-441-6179 for additional information.



Weather Closing - The general rule regarding Center closings due to severe weather is: If the Lincoln Public Schools close, the Center will close as well. Participants are encouraged to use their own judgement regarding hazardous road conditions. In times of severe weather tune to KFOR, 1240 AM, for information on Center closings.